



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Uwe Margraf

Club: Team Prachtregion

Number: 363

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:37:58

Speed: 11.02 km/h

Running performance: 5:17 min/km

Rank in course/Total: 50 (of 112)

Rank in course/Men: 47 (of 87)

Best time in course: 1:03:45

Rank in category: 5(of 12)

Best time in the category: 1:20:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.20	47:57	5:12	5	7:54	51	16:26	9.20	47:57	5:12	5	7:54	51	16:26
Runde	9.00	49:04	5:27	5	8:51	44	17:27	18.20	1:37:01	5:19	5	16:45	47	33:53
Finish	0.30	0:57	3:09	6	0:14	49	0:20	18.50	1:37:58	5:17	5	16:59	47	34:13